



# The Prospector

Sitka Pioneers' Home

January 2018 Vol.38 No.1

## *Resident Birthdays*

<i>Deanna Price</i>	<i>1-2</i>
<i>Susie Sturm</i>	<i>1-21</i>
<i>Sue Hottinger</i>	<i>1-25</i>
<i>Jane Hammock</i>	<i>1-28</i>

## *Staff Birthdays*

<i>Carrie Calvin</i>	<i>1-3</i>
<i>Delia Estrada</i>	<i>1-4</i>
<i>Denise Salter</i>	<i>1-9</i>
<i>Mary Soltis</i>	<i>1-14</i>
<i>Patty Ady</i>	<i>1-17</i>
<i>Xander Lozano</i>	<i>1-17</i>
<i>Katie Rouse</i>	<i>1-17</i>
<i>Jimmy Handy</i>	<i>1-18</i>
<i>Lucy Williams</i>	<i>1-24</i>
<i>Avelina Castello</i>	<i>1-28</i>
<i>David McNeese</i>	<i>1-29</i>

*We will celebrate January birthdays  
at the Home Happenings celebration  
on Friday, January 26th.*

## Scuttlebutt...

Service pins awarded in December:

- Cory Chapman— 5 years*
- George Chappell— 5 years*
- Tony Kell— 5 years*
- Guada Nilo— 10 years*
- Marchelle Rodrigo— 10 years*
- Glady Taccad— 10 years*
- Mary Ann Abarientos— 15 years*
- Susie Nicolas— 15 years*
- Michael Sibayan— 15 years*
- Joseph Partido— 20 years*
- Patty Ady— 25 years*

Congratulations and thank you for your service!!



## Sitka Rotary Club Christmas Party



## Sitka Pioneer Home Christmas Party

The Sitka Studio of Dance performance was top notch!

'Elf Tryouts' performed by staff, with audience participation, was also really fun!





## *Welcome Ethel Lund*

Ethel Marie Lund was born on November 4, 1931, in Wrangell, AK to Carl Lund and Martha Blanch Ukas. Her father was a fisherman and her mother a homemaker. Ethel's father died in a fishing accident when she was three. Her mother married Virgil Harto about six years later. Ethel is the only child of Carl and Martha and had a half-brother from her mother's marriage to Virgil. Ethel's mother died when she was 14 years old and she spent the rest of her teenage years with her maternal grandparents. Ethel graduated from Wrangell High School and then began Nursing school in Portland, OR. However, after two years of Nursing school she was unable to complete the program due to illness. Ethel married Leo Comer in 1953 and they had four children: David Comer (deceased); Diane Comer (Portland, OR); James Comer (Bremerton, WA) and Leah Beck (deceased). Leo passed away in 1977. Ethel remarried after that to Sonny Gonzales, who she says really loved her children. Sonny has since passed away. During her younger years Ethel worked with hospital laundry; at a movie theatre and in a fish cannery. As an adult she worked for Blue Cross, as a nursing assistant, and as a Medical Secretary. In 1963 Ethel moved back to Wrangell. In the 1970's Ethel was very involved with the ANB/ANS and was part of a Health Committee that worked on bringing the Mt. Edgecumbe Hospital from a Public Health Service hospital to becoming the current, native managed Southeast Alaska Regional Health Consortium. This undertaking took Ethel ten years and trips to many different villages to convince them to join the move to make Mt. Edgecumbe Hospital into SEARHC. It took every single village's to agreement to make it happen. Ethel says that watching the USPHS flag come down and the SEARHC flag go up was one of the greatest days of her life, other than when her children were born.

*We welcome Ethel to Northern Lights neighborhood and the Sitka Pioneer Home family!*



## *Welcome Henrietta 'Hennie' Kelsey*

Henrietta Breen was born to Edward Breen and Anna Aastrand on September 7, 1925, in Jersey City, New Jersey. Hennie was the only child of Edward and Anna. Hennie grew up in Jersey City and then North Hanover, Massachusetts. Her mother was a homemaker and her father was a machinist. Hennie completed her High School education and later married John Kelsey on September 23, 1950 and they had two children - Janice Conway, currently living in Sitka, and Diane Samson, currently living in Mont Vernon, New Hampshire. Hennie had many occupations as an adult, including telephone switchboard operator, secretary, and then homemaker. Hennie's husband John was an Engineer for AT&T for 50+ years. He and Hennie moved to Sitka in 2002 and lived in an apartment in their daughter Janice's house. John passed away in 2009. Hennie enjoys guessing games and TV shows like Jeopardy and Wheel of Fortune are her favorites. Hennie enjoys musicals like Singin' in the Rain, and musicians like Frank Sinatra and Nelson Eddy. Hennie likes to visit and looks forward to meeting people here.

*Please welcome Hennie to  
Northern Lights neighborhood  
and the Sitka Pioneer Home  
family!*





Baranof Elementary School Kindergarten classes walked over to sing songs and hand out homemade greeting cards. Thank you!



Rosie had some gift wrapping to do and was caught in the act! So fun to see everyone getting in the spirit of the holidays.

### **“What does Christmas mean to you?”**

This was the simple question posed by resident Fredi Young at a recent gathering. The answers were wonderful.

*“A happy time with family...don't have to have a gift to be happy.”*

*“You're excited to go to the airport and see your family come in.”*

*“The girls got dolls and the boys got trucks.”*

*“Most of the time I would go to my grandmother's and she always let me pick out one gift to open the night before.”*

*“I like to remember the times of Christmas when I was a young girl.”*

Merry Christmas to all!

# Christmas Open House





When you get invited to The Nutcracker Suite, you go! They put on an Alaskan version this year, with herring, jellyfish, a slime line, bald eagle, bears, mosquitos and tourists! It was a great show!



### *National Activity Professionals' Week— January 21st-27th, 2018*

**National Activity Professionals' Week is sponsored by the National Association of Activity Professionals. The week was created to give honor and recognition to those dedicated individuals who contribute so significantly to residents' quality of life.**

Activity professionals work with residents and patients to create a vibrant and active daily calendar. Improving the lives of those who may be reaching the final years of their lives or may be restricted by injury or illness, activity professionals deliver interesting and fun activities that will be universally applicable. Realizing that different patients and residents have varying levels of capability, they customize the events they coordinate to be enjoyed by all involved.

**Help us honor the excellence of the Activity Department through the January!**



**Thank you, St. Michael's Russian Orthodox Church parishioners, for the donation toward SPH resident Christmas gifts!**



*Sitka Rotary Club Pioneer Home Christmas Party was a hit. Thank you for putting it on each year! These types of events are enjoyed by all.*



**Johnstone family Krum Kake tradition lives on! Judy (left) led the process this year with her friend, Denise (right), helping out and learning the traditional technique. These treats have been part of Sitka Pioneer Home holiday tradition for more than 20 years. We are so thankful for Judy's commitment to carrying on the annual practice.**

**Paula Hardy has done it again with her amazing assortment of gifts at her Gift Tables. Residents and staff enjoyed all the neat things she brought in to pick from.**

**Sitka Studio of Dance brought dancers to perform several great pieces at the SPH Christmas Party. Thank you, Melinda, for coordinating with us to make that happen. The dancers all did such a lovely job.**

*The SPH Auxiliary brought in a delicious assortment of holiday treats to serve at the Christmas Party. Thank you for your efforts year-round to keep our residents happy!*

**The Giving Tree, an annual community effort to provide gifts to members of the community who are in need during the holidays, made a huge donation of gifts to our Elders this year! No one was left out and many thanks go to our amazing community of Sitka for contributing items to the "Giving Tree" that gets set up in the Wells Fargo lobby each year. Thank you, Sitka!**



# Eden Moments



**Fredi gets all bundled up each day to take Lydia out for her ‘morning constitution.’**

**Mister wanted to come to work, so Peter obliged. It seems like Mister did his job, bringing out many smiles through the building!**



**We were ‘on the air’ for KCAW this month.**



**Kathrine Rose’s radio segment entitled:**

**“When preschoolers meet Pioneer Home residents, both benefit.”**

*The opening statement was as follows: ‘Loneliness and isolation can be a big problem for seniors in Alaska. Many older people are often far away from family members. And kids are far away from their grandparents. In Sitka, the local Pioneer Home for seniors has found a solution to both problems—housing a local preschool right next door.’*

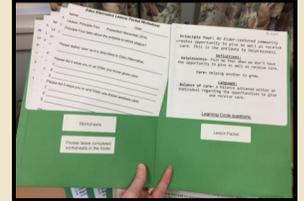
Our Eden Alternative journey focus for Jan, Feb, and March...

## Principle Nine:

*Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.*

**Check the green folders on each neighborhood for the Eden Lesson Packets!**

Prioritize your ongoing Eden education.



## Meetings:

Resident Meeting: Wednesday, Jan 10th @ 1:30pm

Certified Eden Associates: Friday, Jan 26th @ 10:00am

## Home-wide Eden Neighborhood Team Meeting:

Friday, January 5th 2017 @ 1:30pm in the Main Lounge

Agenda: Introduce Principle Nine.

**\*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young**

Jayden always brings out the smiles when he can come by. He has been spending time with these 'Grandmas' since he was born...6 years ago!

## Then...now!



## Then...now!

## **Resident Meeting Minutes *Wednesday, Dec. 13th 2017 @ 1:30pm (Main Lounge)***

### **Attending:**

Anna W, Fredi Y, Galen I, Sue H, Bonnie S, Maureen R, Fred H, Betty D, Jean R, Brenda B, Melba V, Nancy R, Marta R, Mary M, Rosie M, Judy J, Dottie K, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Thanksgiving meal went great. lots of good feedback. Christmas meal is Prime Rib. Greg is working to meet special requests as they come to him. An attendee praised the kitchen crew's care in meeting her diet needs. Special requests noted at the meeting were okra, hominy grits, venison stew, and fried bread.

### **Old Business:**

Art walk went well. Brought in about \$400 in sales for the Resident Council account. Open House was well attended and enjoyed. Bazaar went well. There was about \$1000 in sales for the Resident Council account.

### **Agenda Items:**

An outline of upcoming events was shared.

Christmas Open House will be held in the Main Lounge with live entertainment.

Christmas Lights drive at 5:00pm. Attendees were reminded to make sure and get dinner early if they plan on going for the drive.

### **New Business:**

Décor thanks: Pam and Charlene did a wonderful job on the display cases and skylight. Patti and Debby decorated all the fireplace mantles. Environmental Services crew decorated the rest of the Home. Special thanks to Ron for his attention to detail on the first floor!

Attendees commented on the dining chairs. It was specifically noted that they are 'heavy and uncomfortable.'

### **Administrator's update:**

Unable to attend.

**Respectfully submitted, Skye Workman, Recreation Therapist I**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p><b>Happy New Year!</b></p>					
<b>10:00am</b> Exercise w/Mark 12:45pm Plano Music	<b>1</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	<b>2</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	<b>3</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music	<b>4</b> 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun	<b>5</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites	<b>6</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class
<b>10:00am</b> Exercise w/Mark 12:45pm Plano Music	<b>7</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise	<b>8</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	<b>10</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Resident Mtg	<b>11</b> 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun	<b>12</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites	<b>13</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class
<b>10:00am</b> Exercise w/Mark 12:45pm Plano Music	<b>8</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise	<b>9</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	<b>10</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Resident Mtg	<b>11</b> 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun	<b>12</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites	<b>13</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class
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\*Please contact the Activities Department if you would like a copy of our calendar!\* Note: Activities are subject to change